



SEPTEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	3 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	4 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	5	6
7	8	9 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	10 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	11	12	13
14	15	16 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	17 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	18 Anne Arundel Medical Center -10:30am – Breastfeeding and the working mother -(443)481-5555 -\$30	19	20
21	22	23 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	24 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	25	26	27
28	29	30 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.’s (410) 758-0720 Kent (410) 810-0125		Services: - Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line. - International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510	



OCTOBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: - Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line. - International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (410) 758-0720 Kent (410) 810-0125	1 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	2 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	3	4
5	6	7 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	8 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	9	10	11
12	13	14 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	15 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	16	17	18
19	20	21 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	22 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	23	24	25
26	27	28 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	29 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	30	31	



NOVEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (410) 758-0720 Kent (410) 810-0125		Services: - Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line. - International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510				1 Union Hospital – Elkton 6:30-9 - Breastfeeding Basics -(443)406-1355 -\$20 Union Hospital – Elkton 11:15-12 - Breastfeeding – Expression & Storage -(443)406-1355 -\$10 (Free if taken with Breastfeeding Basics)
2	3	4 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	5 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	6	7	8
9	10	11 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	12 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	13 Union Hospital – Elkton 6:30-9 - Breastfeeding Basics -(443)406-1355 -\$20	14	15
16	17	18 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	19 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	20 Anne Arundel Medical Center -10:30am – Breastfeeding and the working mother -(443)481-5555 -\$30	21	22
23/30	24	25 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305-FREE	26	27	28	29